

**Exhibit 4**

**[Notice of Confirmed Plan]**

**UNITED STATES BANKRUPTCY COURT  
SOUTHERN DISTRICT OF NEW YORK**

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In re:	)	Chapter 11
	)	
BALLY TOTAL FITNESS OF	)	
GREATER NEW YORK, INC., <u>et al.</u> ,	)	Case No. 07-12395 (BRL)
	)	
Debtors.	)	
	)	Jointly Administered

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**NOTICE OF ENTRY OF ORDER CONFIRMING DEBTORS'  
FIRST AMENDED JOINT PREPACKAGED PLAN OF REORGANIZATION  
PURSUANT TO SECTION 1129 OF THE BANKRUPTCY CODE AND  
RULE 3020 OF THE FEDERAL RULES OF BANKRUPTCY PROCEDURE**

**TO ALL CREDITORS, EQUITY INTEREST HOLDERS, AND OTHER PARTIES  
IN INTEREST:**

**PLEASE TAKE NOTICE** that an order (the “**Confirmation Order**”) confirming The First Amended Joint Prepackaged Chapter 11 Plan Of Reorganization Of Bally Total Fitness Holding Corporation And Its Affiliate Debtors, dated September [\_\_\_], 2007 (as amended and supplemented, the “**Plan**”), of the above-captioned debtors and debtors-in-possession (collectively, the “**Debtors**”)<sup>1</sup>, was entered by the Honorable Burton R. Lifland, United States Bankruptcy Judge, United States Bankruptcy Court for the

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<sup>1</sup> The Debtors in these proceedings are: Bally Total Fitness of Greater New York, Inc., Bally Total Fitness Holding Corporation, Bally Total Fitness Corporation, Bally ARA Corporation, Bally Fitness Franchising, Inc., Bally Franchise RSC, Inc., Bally Franchising Holdings, Inc., Bally Real Estate I LLC, Bally REFS West Hartford, LLC, Bally Sports Clubs, Inc., Bally Total Fitness Franchising, Inc., Bally Total Fitness International, Inc., Bally Total Fitness of California, Inc., Bally Total Fitness of Colorado, Inc., Bally Total Fitness of Connecticut Coast, Inc., Bally Total Fitness of Connecticut Valley, Inc., Bally Total Fitness of Minnesota, Inc., Bally Total Fitness of Missouri, Inc., Bally Total Fitness of Philadelphia, Inc., Bally Total Fitness of Rhode Island, Inc., Bally Total Fitness of the Mid-Atlantic, Inc., Bally Total Fitness of the Midwest, Inc., Bally Total Fitness of the Southeast, Inc., Bally Total Fitness of Toledo, Inc., Bally Total Fitness of Upstate New York, Inc., BTF Cincinnati Corporation, BTF Europe Corporation, BTF Indianapolis Corporation, BTF Minneapolis Corporation, BTF/CFI, Inc., BTFCC, Inc., BTFF Corporation, Greater Philly No. 1 Holding Company, Greater Philly No. 2 Holding Company, Health & Tennis Corporation of New York, Holiday Health Clubs of the East Coast, Inc., Holiday/Southeast Holding Corp., Jack La Lanne Holding Corp., New Fitness Holding Co., Inc., Nycon Holding Co., Inc., Rhode Island Holding Company, Tidelands Holiday Health Clubs, Inc., and U.S. Health, Inc.

Southern District of New York (the “**Bankruptcy Court**”) on September [\_\_\_\_], 2007. Unless otherwise defined in this notice, capitalized terms used herein shall have the meanings ascribed to them in the Plan and the Confirmation Order.

**PLEASE TAKE FURTHER NOTICE** that the Plan and Confirmation Order are available for inspection during regular business hours in the office of the Clerk of the Bankruptcy Court at the United States Bankruptcy Court, Alexander Hamilton Custom House, One Bowling Green, New York, New York 10004. The Plan and Confirmation Order are also available by accessing the Bankruptcy Court’s website [www.nysb.uscourts.gov](http://www.nysb.uscourts.gov). Please note that a PACER password and login are required to access documents on the Bankruptcy Court’s website. The Plan and Confirmation Order are also available free of charge on the Reorganized Debtors’ restructuring website located at [www.kccllc.net/bally](http://www.kccllc.net/bally).

**PLEASE TAKE FURTHER NOTICE** that the Plan and its provisions are binding on the Debtors, the Reorganized Debtors, any entity acquiring or receiving property or a distribution under the Plan, and any present or former holder of a Claim against or Interest in any of the Debtors and their successors, assigns, and parties- in-interest, including all governmental entities, whether or not the Claim or Interest of such holder is impaired under the Plan and whether or not such holder or entity voted to accept or reject the Plan.

**PLEASE TAKE FURTHER NOTICE** that **October 31, 2007**, at 5:00 p.m. (prevailing Eastern time) (the “**Bar Date**”) was established by the Bankruptcy Court as the deadline by which holders of 510(b) Equity Claims must file proofs of claim against the Debtors.

**PLEASE TAKE FURTHER NOTICE** that any holder of a 510(b) Equity Claim who is required, but fails, to file a proof of claim with the Bankruptcy Court on or before the Bar Date shall be forever barred, estopped and enjoined from asserting such claim against the Debtors (or filing a proof of claim with respect thereto), and the Debtors’ property shall be forever discharged from any and all indebtedness or liability with respect to such claim, and such holder shall not be treated as a creditor with respect to such claim for the purpose of distribution in these Chapter 11 Cases or be entitled to receive further notices regarding such 510(b) Equity Claim.

**PLEASE TAKE FURTHER NOTICE THAT ALL PLEADINGS FILED WITH, AND ORDERS GRANTED BY, THE BANKRUPTCY COURT ARE AVAILABLE FOR INSPECTION ON THE BANKRUPTCY COURT’S INTERNET SITE AT WWW.NYSB.USCOURTS.GOV AND AT NO COST FROM THE REORGANIZED DEBTORS’ RESTRUCTURING WEBSITE: WWW.KCCLLC.NET/BALLY.**

Dated: September [\_\_\_\_], 2007  
New York, NY

Respectfully submitted,

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